ADJUSTABLE-WEIGHT DUMBBELLS AND STAND USER'S GUIDE

BEFORE YOU BEGIN

Thank you for purchasing the sturdy and stylish Adjustable-Weight Dumbbells and Stand. The Adjustable-Weight Dumbbells and Stand will speed up your workouts, provide convenient access to your dumbbells, and keep your workout area organized.

For your safety and benefit, read this guide before using the Adjustable-Weight Dumbbells and Stand. If you have questions after reading this guide, or if you need to order replacement parts, please call Customer Care toll-free at 1-800-288-4802, Mon.–Fri., 6 a.m.–6 p.m. Mountain Time (excluding holidays).

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the dumbbells and the stand. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the dumbbells and the stand.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **It is the responsibility of the owner to ensure that all users of the dumbbells and the stand are adequately informed of all precautions.**
3. **The dumbbells and the stand are intended for home use only. Do not use the dumbbells and the stand in a commercial, rental, or institutional setting.**
4. **Always wear protective footwear while using the dumbbells and the stand.**
5. **Do not place your fingers between the dumbbells and the stand.**
6. **Keep children under age 12 and pets away from the dumbbells and the stand.**
7. **Inspect the dumbbells and the stand before each use. Make sure that all parts are properly tightened. Do not use the dumbbells and the stand or try to repair them if they are damaged.**
8. **Place only the included dumbbells on the stand. Use the dumbbells and the stand only as described in this guide.**
9. **Before lifting the dumbbells, make sure that the selector pins are fully inserted into adjustment holes.**
10. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc.
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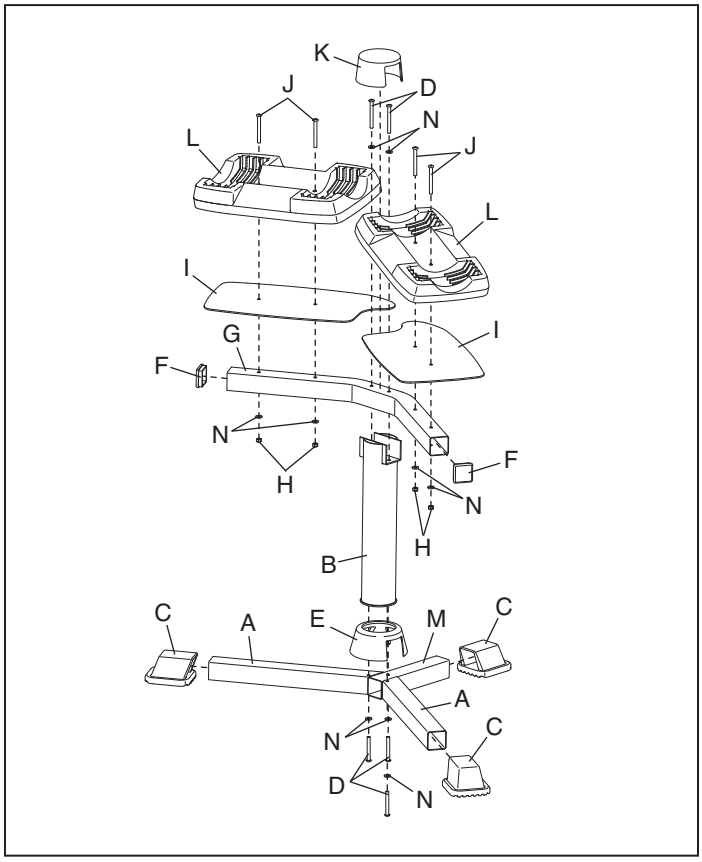
ASSEMBLY

Note: Some parts may be preassembled.



1. Press the three Stabilizer Caps (C) onto the Stabilizers (A, M).

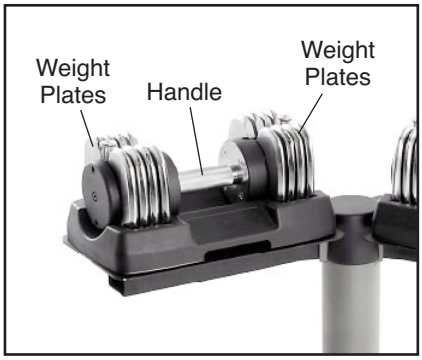
2. Slide the Stabilizer Cover (E) upward onto the Upright (B). Attach the Upright (B) to the Stabilizers (A, M) with three M8 x 65mm Screws (D) and three M8 Washers (N). Then, slide the Stabilizer Cover (E) downward onto the Stabilizers (A, M).

3. Press the two Crossbar Caps (F) into the Crossbar (G). Attach the Crossbar (G) to the Upright (B) with two M8 x 65mm Screws (D) and two M8 Washers (N).

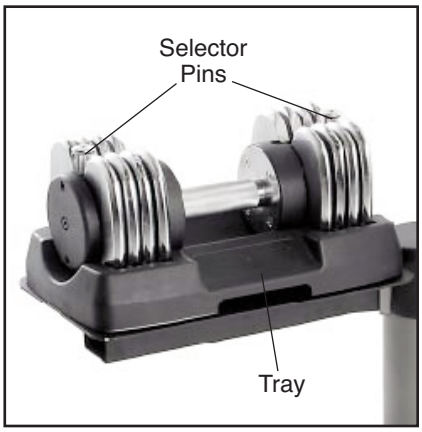
4. Attach the two Trays (L) and the two Plates (I) to the Crossbar (G) with four M8 x 97mm Bolts (J), four M8 Washers (N), and four M8 Locknuts (H). Then, press the Upright Cover (K) onto the top of the Upright (B).

HOW TO USE THE ADJUSTABLE-WEIGHT DUMBBELLS

Each handle can hold two, four, six, or eight weight plates. **Always attach the same number of weight plates to both sides of a handle.**



To select the desired number of weight plates, first set the dumbbells on the trays as shown. Next, lift one of the selector pins, slide the selector pin to one of the adjustment holes between the weight plates, and then release the selector pin. **Rock the selector pin from side to side to make sure that it is fully inserted into one of the adjustment holes.** Adjust the other selector pins in the same way.



To use a dumbbell, lift it straight up off the tray, making sure that the unattached weight plates remain in the tray.

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